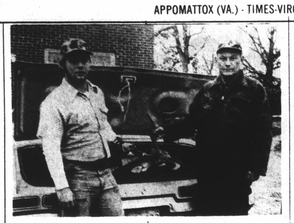
photo by Joe Vaughan

READY FOR THE ENERGY CRISIS

Brian Keith Wood, son of Mr. and Mrs. Roy Wood of Appomattox, seems to have the fuel situation under control. Young Wood's manner of dress is in keeping with that of his late grandfather, Walter Wood, who was a foreman on the C & O Railroad.



GETS 7-POINT BUCK

Bascomb Almond, Jr., of Appomattox and his father, B. T. Almond, Sr., are shown in above photo with 7-point buck killed Monday of this week by Bascomb in the Hixburg area. The buck weighed approximately 200 pounds. Bascomb got his first buck last year and has gotten off to a good start this season.

ACHS RECEIVES NEW FLAG

Appomattox County High School received a new American flag Monday of this week when Harry Ranson, president of the local Woodman of the World Camp, presented the flag to Mr. Donald Armentrout, principal at ACHS, on behalf of the WOW.

"Men are never so good or so bad as their opinions."
Sir James Mackintosh

Understanding Yourself

Make Your Voice Heard

A very satisfying thing to do is to think through all the issues of the day and see where you stand—and then join a group of people who feel the way you do and make your voice heard.

* * *

If you're a parent of a school-age child and you want to make your voice heard among the people who educate your child, join the P.T.A. (Parent Teacher Association). There is probably a branch at the school your child is attending.

* * *

If you're unhappy about the candidates your political party has been running in local elections, offer to help them in your spare time. Political parties always need volunteers and even if your voice is only a whisper at first, at least you'll be doing something positive—which can be very satisfying.

"Innocence is the chief of virtues." Greek proverb

"Hay Fever" Season For Alcoholics

RICHMOND - The days between Thanksgiving and New Year's are the "hay fever season" for alcoholics and recovering alcoholics. It's the time of the year when recovering alcoholics (those alcoholics who have stopped drinking) are most likely to take "that one drink" and the time when other undiagnosed alcoholics are most likely to exhibit the symptoms of alcoholism, according to Dr. Marcia J. Lawton, the director of the Alcohol Education Program in the department of rehabilitation counseling at Virginia Commonwealth University.

Lawton, a recovering alcoholic herself, says the social pressures combine with the hustle and bustle of the upcoming Christmas season to make the latter part of November and the month of December especially dangerous times for alcoholics. "The social pressures this time of year are overwhelming. For one thing, the Christmas season or from Thanksgiving on through New Year's is considered a 'high time' of the year. And people drink to get high, to get into the swing of things," Lawton noted. "During this time of the year, people experience what is termed a 'euphoric recall.' That is, many people have a very positive memory about past seasonal parties where there was a lot of drinking. They want to relive those memories. They don't remember the drunken stupor, the dangers of driving drunk, the embarrassing moments for family members, the hangover the next day, or the drunken binges that followed. This euphoric recall is part of the fantasy, excitement and high life style of the Christmas season," Lawton said.

There is also tremendous social pressure facing alcoholics who must run the gamut of Christmas parties just like everyone else. Lawton says the pressure to 'have a drink' is always there and that many hostesses don't make provisions for those who want to drink, but don't want to drink alcoholic beverages.

Lawton also noted that most hostesses and party goers find drunkenness more acceptable at parties given during the Christmas season than at parties given other times of the year. "In fact, many hostesses don't consider their seasonal parties successful unless their guests 'get loaded'," Lawton added.

In addition to these social pressures, the rush of the season creates added pressures for many.

"There's a saying in Alcoholics Anonymous," Lawton noted." Halt! Don't get too hungry, too angry, too lonely, or too tired. And during the Christmas season it's almost impossible to avoid these things."

"Loneliness at Christmas, Thanksgiving and New Year's reaches a peak for many people because they are times for family. Times to be around the fireplace. For most people, this ideal just doesn't exist. Loneliness is bad enough during other times...but during Christmas it's Unbearable," Lawton said. "Many people reach for relief in the form of alcohol."

Lawton feels that the pressure of the season can be especially hard on women, since women generally do most of the Christmas shopping, plan the parties, see that the house is decorated and that gifts are wrapped. "Just putting Christmas dinner on the table is such a major production in itself that many women alcoholics keep a bottle under the kitchen sink. And it's not cooking sherry. It's their bottled security to get them through the day," Lawton noted.

Lawton says there are a couple of things people can do to avoid the pressures that make them want to drink.

"For one thing, people need to build up insurance against the seasonal pressures. They can do this by building up self respect. People need to feel better about themselves by being real. A lot of pressures are caused by the need to put on a big show. If people feel okay about themselves, then they realize that the dinner party doesn't have to be perfect, that Christmas dinner and Christmas Day don't need to be a Hollywood production," Lawton said.

And Lawton warned that the most important thing is to realize that the Christmas time of the year has been portrayed as something that's never really existed. "People are out for the illusion of the season. And they get disappointed when it doesn't happen. They want chestnuts roasting on an open fire, the large warm family gatherings of a Charles Dickens tale, and banquet hall dinners. It's important to realize that these fairy tale illusions are just that – fairy tales...that they don't exist, that you can't make them exist, and they they've never existed for anyone."

About 74 percent of an egg is water.

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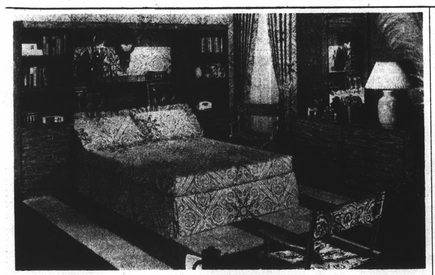

Create A Dream Bedroom For Under $1000

Who says decorating has to be expensive? This idea-packed bedroom cost less than $1000 to put together, including carpeting, draperies, chairs and all storage pieces. Featured in the December issue of **1001 DECORATING IDEAS**, it's an outstanding example of the sophisticated look that can be achieved with today's lower priced furnishings.

The furniture is Armstrong's new "Georgetown" Collection,a contemporary version of the old British campaign look executed in a rich fruitwood finish with brass accents. In addition to a roomy double dresser, there's a versatile wall storage system consisting of two pier cabinets (each 24" wide x 18" deep x 75" high) separated by a 62" -wide headboard and connecting light bridge containing built-in spotlights.

The unusual striped rug framing the bed isn't a rug at all. It's a custom arrangement of Armstrong carpet squares in coordinated colors of chocolate brown, warm beige and blue. It's a trick you can do yourself for less than $50. Other DIY suggestions: buy inexpensive directors chairs and cover the canvas seats and backs with a colorful printed towel fabric. Instead of investing in expensive bedlinens, use patterned sheets for bedcovers and repeat the design in draperies and on an accent wall.

Total retail cost of all furnishings and fabrics shown in this room, exclusive of accessories, came to only $994.17, according to **1001 DECORATING IDEAS.**

Young Farmers, Homemakers Hear Rhea

"No system of agriculture has ever produced so much for so many as our own free enterprise system", Fred Rhea of Cartersville told members and guests during the 22nd Annual Southside Area Young Farmer - Young Homemaker Convention at the Holiday Inn, South, Lynchburg, Nov. 16. Rhea's comment was made during a slide presentation on his experiences in living and working on Russian farms as part of an International Exchange Program.

The Kenny F. Barnard family, Rt. 1, Amelia, was cited as the "outstanding Young Farmer Family of the Year in Southside Virginia." The award was presented by William Jones, Assistant Vice President of the Lynchburg Fidelity American Bank, on behalf of the Virginia Bankers Association. Kenny is a member of the Amelia Young Farmers Association. He studied agricultural education in the Amelia County High School and received an associate degree in business management from John Tyler Community College. He and his wife, Susan, own 280 acres of farmland and rent an additional 350 acres. Their major income is derived from a 1000-head swine finishing operation. They are active in agriculture, church, and civic organizations.

For the third consecutive year, the Buckingham Junior Young Farmer Association was recognized as the "Outstanding Association in Southside Area." Buckingham Junior also won first place in "Membership Development" and "Farm and Home Safety."

The "Spokesman for Agriculture" award was won by Rick Hubbard, Amelia, area president. Larkin Moyer, Amelia, was the winner in "Corn Silage Production." Raymond Peaks, Buckingham Junior, placed first in the "Corn Growing Contest." First place in the "Brandon Silo Award" went to Glen Samuel Martin of Appomattox.

Elected as area officers were Carroll Hamlett, Charlotte C.H., president; Henry Covington, Appomattox, vice president; Broadus Hart, Blackstone, secretary; David Moore, Charlotte C.H., treasurer; and David Coleman, Amelia, reporter.

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Eating Well

HEART DISEASE AND CHOLESTEROL

Blood cholesterol is one of the eleven risk factors associated with coronary heart disease. Other risk factors are family history, sex, age, smoking, stress, blood pressure, diabetes overweight, diet and blood triglycorides.

Cholesterol is a fat-like substance that is found in the blood and nerve tissue, and in fact, in every cell of the body. Its exact function is not yet fully understood, but cholesterol is known to play a number of important roles. Cholesterol is important in the production of vitamin D; it aids in the absorption of fatty acids; it is necessary for the production of bile sales; and it is important in the production of hormones.

In addition to being present in all food products of animal origin, cholesterol is made and used or excreted daily in our bodies, in amounts far greater than usually consumed in the diet.

High serum (blood) cholesterol and proneness to heart attacks are statistically correlated; however, it must be remembered that coronary attacks do occur in persons having normal or low, blood cholesterol. Coronary attacks also occur among vegetarians.

At present there are several known disorders where a raised level of cholesterol is a side effect, and it is possible that a raised serum cholesterol level is a symptom and not a cause of coronaries. However, many nutritionists believe that there is sufficient evidence that the risk of developing heart disease can be reduced if prolonged high levels of cholesterol in the blood are avoided. It is their belief that the diet can be safely modified by reducing the amounts of saturated fats and cholesterol, and by increasing the amount of polyunsaturated fat.

How can you cut out some of the fats in your diet? Here are a few tips that you can use when preparing foods. You can reduce the amount of saturated fat in meat by using a rack to drain off the fat when broiling, roasting or baking. Rather than basting meat with its own drippings use wine, tomato juice or bouillon. Put the drippings in the refrigerator and remove the hardened fat before making gravies.

When going on any diet keep in mind these two goals: 1. follow the Basic Four Food Groups, 2. Maintain your desirable weight by using a combination of physical exercise and reducing caloric intake.

ASCS Today

By Tom Conrad

Extension of Reporting Date for 1977 Crops - We have been notified that the date for reporting 1977 planted acreages for wheat, feed grains, and other crops has been extended to Dec. 15, 1977. I would like to urge all farmers who have not made a complete report of their crops to please contact the ASCS office and make this report as soon as possible, but not later than Dec. 15.

ASCS Offers Emergency Feed Assistance - Livestock producers in Appomattox county who have suffered a substantial loss of feed production because of a natural disaster may be eligible to participate in the emergency feed program.

Farmers showing a loss of 40 percent or more during the current crop year begidning May 1, 1977 are eligible to be considered for the program. Feed purchases made during this period may be eligible for cost-share assistance even though the farmer may not have filed an application. Farmer eligibility will be determined by the county ASC committee.

Operating on an individual farm basis, the new livestock feed program can provide assistance when only a few farms in the county have been affected by a natural disaster. Prior emergency designation of the county from Washington is no longer necessary. This should result in better service to farmers since decisions will be made at the county level. Previously, ASCS administered a similar program but received directions through the Federal Disaster Assistance Administration.

The last livestock feed program conducted in the county was in 1976. Requests for livestock feed assistance should be made at the County ASCS office. All applicants will be given equal consideration without regard to race, color, sex, or national origin.

CVCC Will Offer Auditing Course

The Business Division of Central Virginia Community College will offer Auditing 1 (ACCT 254), the first of a two-quarter sequence, during Winter Quarter, 1978 with Mr. Joseph L. Scott, Jr., C.P.A. as instructor. Mr. Scott has over six years of public accounting experience and is currently employed in industry.

According to Mr. Scott, "The course will be relevant for treasurers, controllers and internal auditors as well as public accountants." While the course will count toward accounting education requirements in qualifying a participant to sit for the C.P.A. exam, a major focus of the course will be in assisting industrial accountants to design internal auditing systems as well as understand the outside auditors' procedures and responsibilities.

Auditing I will be offered on Monday evenings at 6:30 p.m. beginning January 2, 1978. Registration for the course will be on Wed., Dec. 14, 1977 from 10 a.m. to 2 p.m. and from 4 p.m. to 7 p.m. at Central Virginia Community College.

Mrs. Davis' 4-H Club

Mrs. Davis' 4-H Club met on Thurs., Nov. 17, 1977 at the Appomattox Elementary School. Miss Smith shared some homemade Christmas decorations.

In Share-The-Fun we had eight people who were Suzette Ranson, J. C. Rogers, James Bohanon, Bobby Hart, Cindy Clark, Tina Franks, Hunter Towns and Kelly Paulette. We are looking to the county Share-the-Fun program on Dec. 1, 1977.

Anne Caldwell, Reporter

VA Questions And Answers

EDITOR'S NOTE: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q - I am drawing a pension for a nonservice - connected disability. My brother says he will pay me $10 a week to sweep his store. Will this keep me from drawing my pension?

A - This is considered marginal employment which is defined as less than half the usual hours of work or less than half the usual pay. You will continue to draw your pension. However, it may be necessary to reduce your monthly payments because of the additional income.

Q - I was released from active military service in 1956. Do I still have GI Bill entitlement for education?

A - No; veterans with service between January 31, 1955 and June 1, 1966 had eligibility until May 31, 1976. The completion date for farm cooperative, apprentice or on-the-job training, or flight training was August 30, 1977. Veterans with later service must use their education benefits within ten years of their release from active duty.

Q - Are VA burial benefits available to dependents of veterans?

A - No, but in some instances dependents of veterans can be buried in national cemeteries. Check with your nearest VA office for details.

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